

# EL PASO HERALD

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## Watching the Symptoms

REPORTS published in The Herald today show some laxity in the enforcement of the anti-gambling laws and the saloon regulations. The point to be emphasized is that unceasing vigilance is the price of protection against the excesses of the gambling element. The gambling going on in this city in connection with pool games and cigar counter raffles may not be regarded as very serious in itself at this time, but small infractions of the law tolerated by the public authorities and by the people in general are bound to lead to greater infractions, finally entrenching the evil of gambling so strongly that a big fight is necessary to dislodge it.

It is undeniable that a gambling element of considerable strength is being attracted here by the races, keno games and other Juarez institutions. It is not to be expected that the gamblers are going to confine their operations to the other side of the river. They will make every effort to get a foothold in this city of 40,000 people. Unless the decent element in El Paso combines in a strong organization to protect the city, one thing will lead to another, and before we know it we shall have a powerful lawless element in this city to deal with.

When the first advances are made toward violating the anti-gambling laws or saloon regulations, or on the part of the authorities towards tolerating such violations, then is the time to take action swift and sure to put the lawless element on notice that relentless prosecution will follow every known infraction of the law.

One of the worst features of the present situation is that young boys are not only permitted to loiter around the pool rooms in the neighborhood of saloons, but they are actually being taught to gamble in these places. The effect on the younger generation, if such conditions continue, will be to impair the moral sense, and to make such weaklings much less valuable as producers. The idea that a man can get along in this world without giving a fair equivalent for what he gets is only one step removed from the notion that highway robbery is one way to make an honest living.

Readers should carefully distinguish between the different kinds of pool rooms mentioned from time to time in the newspapers. The pool rooms mentioned in the article in today's Herald, where the game of pool or the game of billiards may be played on special tables constructed for the purpose, must not be confused with the "pool room" so often referred to in the perpetual fight against racketeering gambling, such pool rooms being places where racing pools or "books" are written and bets received on the race horses running at distant tracks. The two kinds of pool rooms have no necessary connection with each other, but as a matter of fact racing pools or books are often written in places where the game of pool is played, simply because these places afford convenient quarters for the congregation of the so-called sporting element.

Common business sense will lead El Pasoans to fight public gambling in every form in which it may show itself. The various organizations of business men have already combined to discourage the playing of keno across the river by wage earners and clerks from this side. The money that goes over the river tables is practically all diverted from the channels of honest business in El Paso. We are the losers, and the dollars and cents argument is driving El Paso business men into undertaking an aggressive movement in self defense. The same reasoning applies to gambling in El Paso no matter what form it may take.

Any employee handling money who habitually gambles even in a small way shows himself to be untrustworthy and he must be watched if his employer wishes to guard against thievery and inefficiency. Public gambling is in every way detrimental to good order and is a heavy tax on legitimate industry. In the train of this crime follow many others, and the presence of gamblers attracts others of the worst class any community has to deal with.

It is the business of the law and the lawfully constituted authorities to protect the weak against the consequences of their folly and the families of the vicious against the consequences of the vice of their rightful wage earners.

The Herald's sole object in publishing the observations of its representatives during a little tour around the city is to direct attention to the general subject and enable the people, if they wish, to take steps to combat a tendency against laxity in law enforcement. If the Citizens' League be revived, as has been proposed, it will be in position to take active steps in preventing the opening of race gambling pools or books on this side of the river. That is an evil of the most serious nature, which must never be allowed to gain the least foothold in this city. All these other things, of minor importance in themselves, are quite significant as indicating a tendency towards carelessness.

Governor-elect Colquhitt has promised great things in the way of promoting material development in Texas. There is no way by which he can make himself solid with the people than by inaugurating a new era of industrial progress through legislative and executive common sense. The repeal of the I. & G. N. bill and the thorough revision of the Robertson law relating to life insurance companies will be an earnest of good faith. Then take the embargo off mineral prospecting, reestablish the mineral survey, revise the land laws to promote colonization, and fairly readjust taxes of public service corporations, and Texas will leap forward.

## The Most Practical Program

STATEWIDE prohibition for the various states did not make many converts at the recent election. Local option by counties, by cities, and by precincts or even smaller subdivisions in cities, with high license, strict regulation, and efficient control, comprise the most practical program for reducing the evils of the liquor traffic under present day conditions.

No single state is in position to enforce prohibition, and the country is certainly not ready for action by the national government to prohibit the transportation of liquor, or tax it out of existence. Until the time comes for national action or perfect cooperation among all the states with uniform enforcement of uniform laws, the statewide prohibition idea cannot be successful unless in states where public sentiment is practically unanimous in that direction.

Among the railroads on the Santa Fe payroll at San Marcial, N. M., are four women, two Mrs. and two Misses. The Santa Fe has a good many women in its employ throughout the system, and it didn't require any suffragette campaign to bring it about either.

In all the republics of the three Americas there is scarcely a large city from which the United States might not profitably learn much regarding civic beauty.

## UNCLE WALT'S Denatured Poem

WHEN you leave your downy couch with a big three-cornered cushion, and begin your morning's labors with the manners of a bear, then your friends will wish you'd slide to the forest wild and wide, and, like any other bruin, do your growling in your lair. I have figured it this way: If I want to spoil my day, if I want to fuss and clamor till my jaws are flecked with foam, I should seek a place remote, there to shed my shoes and coat, and kick up a holy rumpus till the cows are coming home. For I haven't got the right to go snapping and night, making life a weary burden to the people that I meet; and although my nature's down, and my temper hard and sour, I have made some folks imagine that it's reasonably sweet! Life is more or less a bluff, and pretension is the stuff; just pretend that you are gentle, though you're savage as a bear; just pretend that you are kind, and the people are so blind that they'll say you are a deity, and they'll praise you everywhere!

Copyright, 1910, by George Matthews Adams.

## Beatrice Fair Says Health Means Beauty.

For good looks ever touches intoxicants of any kind, can't drink and preserve a good complexion. Fortunately, most women prefer the complexion to the drink.

Beauty of expression is deeper than beauty of feature or coloring. You may have a good complexion and straight features, but if your mouth droops in peevish, bad-tempered lines, you will not be generally considered good looking.

Beauty of expression lasts till old age, whereas coloring fades and features gradually change.

A straight nose is very desirable, these is no doubt about that, but if you are born with a tipped nose, all the fusing on earth won't change its curves.

Healthful, sensible living will help a long way toward a good complexion.

Content will give you a sweet expression. If you are a wise woman, you will do your best to gain both complexion and content.

No woman admires a straight carriage and good figure in a woman. We do not live in Africa, so it is not necessary to weigh over 200 pounds to gain admiration from the opposite sex.

Take a moderate amount of exercise and eat reasonably, and there is as much as it is wise or safe to do. Many women lose their health and never regain it in their mad pursuit of slenderness.

To be beautiful you must be happy and you must be healthy. Don't forget that.

Real Beauty. Of course, no woman with any desire

for good looks ever touches intoxicants of any kind, can't drink and preserve a good complexion. Fortunately, most women prefer the complexion to the drink.

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## NUTS AS FOOD ARE BETTER THAN BEEFSTEAK AND ONIONS

Lowly Peanut Found To Be Richer in Nutrient Than the Best Roast.

By Frederic J. Haskin

THE increase in the consumption of nuts by Americans has been so rapid within the last few years that, even among people who do not subscribe to the vegetarian's enthusiasm, nut eating has almost reached the proportions of a fad. Unlike most fads, however, nut eating and nut raising are altogether rational. The nut industry is being fostered in every way possible by the department of agriculture and by various states which are adapted climatically for nut production.

In early days, nuts were packed upon a luxury in the U. S. States, chiefly because the fastidious "society" English walnut, almond, Brazil nut, coconut and pistachio were imported, while the more humble native nuts, the hickory, hazel, butter and peanut, were left to the country boy. Today, however, the conditions are changed. While we still import large quantities of nuts, the bulk of our supply is domestic, the almond being grown in several states, the peach and the nut being raised in California, the inexpensive peanut of Virginia, the Carolina, and Georgia having been raised to a position of respectability by the investigations of dietitians and has proclaimed itself among the richest in food properties.

**Rich in Protein.** The edible portion of nuts, with very few exceptions, is highly concentrated and consisting chiefly of much fat and little water. In general, nuts are also rich in protein, the peanut containing 25.5 percent of this nutrient, while the pecan, almond and Brazil nut also rank high. The nut richest in fat is the pecan, which contains 69 percent of fat. The Brazil nut is a close second with 53 percent.

For a number of years the nut as an article of food has been stigmatized by its reputation for indigestibility. This is not correct, however, for the nut, when properly placed on the menu, although a highly concentrated form of food, we are accustomed to eating it as a sort of postscript to a hearty meal, thus counteracting the digestive organs and causing discomfort. Recent experiments have demonstrated that if nuts were eaten as an integral part of the meal and not as a supplement, they would be digested. Much of the trouble laid upon the thorough mastication of nuts, and scientists who advocate their use for food insist upon an inclusion of fruits and green vegetables to furnish the necessary bulk required by the digestive organs.

**Nut Butters Become Popular.** The increasing popularity of the nut has resulted in multiplying its uses and the forms in which it may be served. One of the most popular uses of nuts has been put in the hands of various kind—the peanut butter being sold in tin lots at present. The nut butters, being made from finely ground particles of the kernels, are, as a general proposition, more readily digested than the nut proper, and they are much used by vegetarians, as well as by persons who cannot eat animal fats and who find in these a pleasing variety.

The use of nuts in confectionery is constantly increasing. In the United States while among the Germans they have been popular for many years in such forms as the highly ornamental cakes called "marzipan." Among nut products may be mentioned the nut flour and meal, some of which are being manufactured on a commercial scale. As a rule the edible nuts are made into meal by blanching, thoroughly drying and grinding. By using a nut mill the meal may be made at home. Almond meal has been on the market for a number of years and is highly valued by physicians as a diet for diabetic patients. Chestnut flour is also on sale in the United States, being used for many of the culinary purposes for which the fresh nut is recommended. In Italy this flour constitutes a considerable portion of the food of peasants, especially in certain districts.

take it to eat. I'll bring you two pair of boots tomorrow that'll be better company than any wife; an' there's this advantage about 'em—they don't last as long, an' you can throw 'em away when you want. You cheer up. I've got the same of 'em myself, an' I'd just as soon be without 'em as with 'em.

But Mr. Jukes looked inconceivably into the distance.

"You got in?" he asked Mrs. Jukes, cheerfully.

"Yes, I got in," said Mrs. Jukes, cheerfully.

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districts of Tuscany. There the whole nuts are eaten in a variety of ways, both cooked and raw. Early travelers and explorers in this country found that the Indians used nuts as a staple food, and in California certain tribes still use ground acorns and horse chestnuts for flour. Flour of the latter, of course, is not to be bleached in order to remove the bitter and poisonous principles.

**Pecans for Turkey Stuffing.** The use of nuts as an important ingredient in certain breakfast foods and as a substitute for coffee is familiar to every reader of advertisements, while the use of nuts in stuffing does not need to be told. The delectable culinary possibilities of the pecan as a stuffing for the turkey, and of the palatability of the chestnut-filled goose, while the roasted walnut is often resorted upon to quicken the appetite of the sated epicure.

It probably will come as a surprise to most economic housewives, however, to learn that as an energy producer the insignificant peanut is more than its share of usefulness. The same amount of porterhouse steak, mutton chops and cents. Ten cents worth of peanuts contains three times as much food energy as the same amount of cheese and nearly twice as much as potatoes. Almonds, Brazil nuts, chestnuts, hickory nuts and pecans all excel porterhouse steak as an economic food product—in most cases by two to one and over.

While the last few years the trade in shelled nuts has increased very greatly. Shelled peanuts, walnuts, pecans and Brazil nuts can be purchased in most fruit stores. Some of the unshelled nuts, especially the pecan, are often polished highly and the shells worn quite thin. In order that a high price may be demanded for them. Many efforts have also been made to find a bleach that would add to the attractive appearance of the nut, but most of these have been found to be injurious. The use of the sulphur bath, for example, bleached the shell beautifully, but it injured the flavor of the kernel very materially.

**Shells the Shelled Nut.** From the standpoint of health the shelled nut is not as highly recommended as the nut with its natural casing, which prevents infection from dust, bacteria and dirt. So thoroughly has the microbe life permeated our consciousness that the scientific housewife now washes all nuts before they are cracked and served, as it is known that a dusty nut shell will contaminate all the kernels with which it comes in contact. Even the shelled kernels are frequently subjected to a "bath" before being eaten.

The beechnut has integral associations with history and romance. Pliny tells us that at the siege of Chios the unfortunate inhabitants of the city subsisted on the fruit of the beech for many days. The tree itself has ever been a favorite place on which to register challenges to enemies, epitaphs and initials of loved ones, its smooth gray bark furnishing excellent writing material when sword or pen-knife is used as the stylus.

The mutability of nut fame, like the human variety, is exemplified in the case of the filbert, which does not compare in popularity to-day with many others. But in the Augustan era it enjoyed some of Rome's reflected glory, for Virgil tells us that it

## Married Life the First Year

Mabel Herbert Uner On Disciplining the Baby.

THERE'S no sense in that child crying like that!" Warren threw down his paper and strode into the nursery.

Helen was rocking the baby in a vain endeavor to quiet him. It was the nurse's afternoon off and the baby had been even more fretful than usual. For almost an hour now it had been crying incessantly.

"It's down and leave it there!" demanded Warren. "Give it to understand when it cries like that you'll not nurse it. Put it down and come out!"

"Oh, it would cry itself sick!"

"Well, what is it doing now?"

"Hush! Baby, hush! There, there, don't cry any more!"

**Differences of Opinion.**

But the baby only screamed the louder. "Don't stand so near, Warren. I think you make it more nervous. It's not used to any one standing over it like that."

"Well, it will have to get used to it. It's high time it was learning a few things—you're spoiling it to death. Lay it down as I say. Come out and leave it alone. It will soon stop crying then."

"Oh, no, no—it's too little! It's too young to try to train like that. Wait till it's older."

"If it's not too young to scream for an hour through sheer temper, it's not too young to learn to stop. Now lay it down and come out!"

"No, no, I can't. It would cry itself into a spasm!"

**Hubby's Way.**

"Look here, Helen, you've humored that child long enough. You've tried every way ever since it was born and it cries incessantly. Now you are going to try mine. Do as I tell you. Lay it down and come out."

"Oh, don't, don't—Warren, please go away. Don't you see your baby being in here is just exciting it?"

But Warren had stepped forward, and in spite of her protesting cry had taken the baby from her and laid it in its crib. Then very firmly he led her from the nursery and closed the door.

Helen was excitedly trying to free her arm from his clasp to fly back into the nursery.

"Warren, Warren, you can't leave it alone like that! It's too little, it's too little! Oh, you are cruel, you are—"

"No, it is you who are cruel—nursing and rocking it every time it cries, spoiling it so it will be harder and harder to break. Now, this time let me manage it."

**Persistence.**

"But I can't. Oh, I can't let it cry like that alone!"

"You must. Go into the front room where you can't hear it. Lie down on the couch in there. You look tired to death. I will stay here. If it cries too long I will come and tell you. Now, do as I say, Helen. It will be much better for the baby in the end."

He almost pushed her into the front room and closed the door. Then he began walking grimly up and down the